



# the newham mag

issue 284 // 27 September – 11 October 2013



**First past  
the post**

Try out for Rugby World Cup 2015 (p13)

# Starting school

If your child will have their 5th birthday between 1 September 2014 and 31 August 2015 you need to apply for a reception class place now.

The deadline for a reception class place for September 2014 is **15 January 2014**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2013 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.





Thousands of you turned out for the penultimate event of the year, the Newham London Waterfront Festival. Check out our Newham In Pictures special and see if you can spot yourself in the crowd (p14).

The spirit of the 2012 Games will be going through the costumes and props we have given to schools and community groups. Find out more on page 8. We're also giving you the chance to celebrate your heritage by offering grants for community events to mark Newham Heritage Week (p11), and offering you support to quit smoking during September (p12).

*Clir Unmesh Desai*  
Executive member for crime  
and anti-social behaviour

To request a large print  
version of the Newham Mag  
call 020 3373 1517  
or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

SENIOR PUBLICATIONS OFFICER Anita Bhagel  
PUBLICATIONS OFFICER Glenn Gossling  
STAFF PHOTOGRAPHER Andrew Dekker  
Call the Mag team on 020 3373 1517

To advertise in the Mag call  
Julie Madell on 07580 529 090

If you do not receive the Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2SL, or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered.

The Newham Mag is printed on 100% recycled paper by Woodhead Litho Ltd and distributed by Lathams Distribution.

## Regulars

- 04 **NEWS** – two pages of news from across the borough
- 06 **MAYOR'S VIEW** – news from Sir Robin Wales
- 14 **NEWS IN PICTURES** – a Newham London Waterfront splash
- 20 **WORKING LIVES** – actor Jimmy Akingbola returns to his roots
- 22 **OUR NEWHAM** – community news
- 24 **KIDS' CORNER** – poems, pictures and puzzles for our younger readers



09



13



11

- 26 **WHAT'S ON** – five pages of activities and events for you to try – most of them free



20

## Features

- 09 **TOP OF THE PROPS** – putting 2012 leftovers to good use
- 11 **CULTURAL CELEBRATIONS** – your chance to host a community event
- 13 **FIRST PAST THE POST** – inspiring generations ahead of Rugby World Cup 2015
- 19 **SMOKE SIGNAL** – stub out smoking during September

## IN BRIEF //

### Gelatine in flu vaccine

East London NHS Foundation Trust has reassured residents following media coverage drawing attention to the use of animal-derived gelatine in a nasal flu vaccine being offered to primary school children in Newham.

The Trust say the spray being offered has been certified as acceptable by multi-faith groups. Public Health England has published advice that confirms the gelatine used is considered halal and there is no religious reason not to receive vaccination.

PHU recommend that anyone whose child is offered immunisation accepts this opportunity to give their child the best protection possible against the flu virus. For information see [www.gov.uk/government/news/vaccines-and-gelatine-phu-response](http://www.gov.uk/government/news/vaccines-and-gelatine-phu-response).

### Work at leisure centre

The free weights area at Balham Leisure Centre, E13, will be closed from Friday 27 to Sunday 28 September.

The closure is to enable essential safety works to deal with a water leak under the floor. Other areas in the centre on Balham Street are unaffected. For more information visit [www.activeinnewham.org](http://www.activeinnewham.org).

### School gets Gold status

Canning Town's Rokaby School has become the first secondary school in the country to be awarded the Society for the Advancement of Philosophical Enquiry and Reflection in Education (SAPERRE) Gold Award for Philosophy for Children (P4C).

P4C opens up children's learning through enquiry and the exploration of ideas. Rokaby now joins Gallons Primary School as Newham's flag bearers for teaching philosophy.

Deputy head teacher Guriq Shergill said: "All our hard work has paid off."

## >>> Tournament is a slam-dunk success



Newham Police went head-to-head on the basketball court with youngsters to mark the fifth anniversary of Newham All Stars Sports Academy's (NASSA) Carry A Basketball Not A Blade (CABNAB) campaign.

The CABNAB campaign was set up in 2008 to highlight the tragic loss of young lives through knife crime.

More than 150 young people from Newham attended the annual basketball match. This year's special guests included Deputy Mayor Councillor Lester Hudson, East Ham MP Stephen Timms, and Newham Police Borough Commander Rob Jones, who all took to the court.

Following a minute's silence, these players from NASSA symbolically threw 11 baskets, each representing one of the 11 young lives lost to knife crime in London in the past year. The final saw the Met Police win 34-27 against NASSA.

NASSA director Naiseha Hart said: "It's important that we continue to host these events to remind people about the dangers of gangs and knife crime." Visit [www.nassa2012.org.uk](http://www.nassa2012.org.uk) for more information.

## Launch of autism strategy

Carers, families and support workers are invited to come along to the launch of Newham's Local Autism Strategy on Thursday 10 October from 10.30am-3pm at St Mark's Community Centre, Tolgate Road, E15.

As part of a boroughwide consultation, Newham residents helped the council and Newham Clinical Commissioning Group to compile the document.

Lunch will be provided. To find out more or to confirm your attendance email [seima.house@newham.gov.uk](mailto:seima.house@newham.gov.uk) or call 020 3373 6563.

You can also find out more about services available to people with autism by visiting Stratford Shopping Centre, Broadway, E15, on Monday 7 October, from 10.30am-3pm, where council staff will be on hand to answer your questions.



## Curbing crime in parks

A crackdown has been launched by Newham Council to stop groups of youths committing crime and anti-social behaviour (ASB) in parks.

Enforcement officers, working in tandem with the council's parks team, have carried out a large-scale operation to cut back hedges and bushes and repair fencing. It is designed to stop criminal behaviour like drug dealing.

Stratford Park was the first to be targeted and enforcement officers will shortly be taking action in others.

Officers are also issuing Acceptable Behaviour Notices (ABNs), spelling out that a zero-tolerance approach is being adopted in the borough's parks.

Councillor Umesh Desai, executive member for crime and ASB, said "Criminal groups hanging around in parks are in for the shock of their lives. This is all about tackling crime head on and making parks better places for our residents."



Off Desai with police and enforcement officers

## Switch and save

It's your last chance to take part in London's latest energy auction. Register with the Big London Energy Switch before 16 October to see if you can save money on your energy bills.

At a previous auction in April, 71 per cent of those who registered found that they were able to save money on their energy bills, with the average household saving £122 per year.

Taking part is free and you can choose to accept the offer or not. Learn more about energy switching at [www.newham.gov.uk/thinkingaboutswitching](http://www.newham.gov.uk/thinkingaboutswitching).

To find out more or to register visit [www.biglondonenergyswitch.org.uk](http://www.biglondonenergyswitch.org.uk)

You will need to provide details from your energy bill or annual energy statement to complete registration.

If you have problems registering, call the iChooze Helpdesk on **0800 0468112**.

Residents who do not have internet access can call Newham Council's switching enquiry line on **020 3373 4882**.

## >> Government follows Newham's lead on free school meals

Newham Council has welcomed an announcement by the Government that its decision to ditch a free school meals pilot scheme was wrong.

Deputy Prime Minister Nick Clegg has said that free school meals are now to be rolled out to reception, year 1 and year 2 classes in the country's primary schools - a move Mayor Sir Robin Wales claims does not go far enough.

Newham Council uses £4.7m of its own funds to provide free school meals for all primary school children.

Newham's independent evaluation showed that the effect on attainment was equivalent to six weeks additional progress at Key Stage 1 and two months additional progress at Key Stage 2. Now this has also been confirmed by evaluation by the Department of Education.

Sir Robin said "The Government has done a complete u-turn after scrapping the free school meals programme without proper evidence."

"Funding free school meals benefits school children and their families. The Government's commitment to fund free school meals for Reception, Year 1 and Year 2 is welcome but does not go far enough. Our decision to continue our free school meals programme for all primary school children is vindicated."



Newham primary school children enjoy free school meals every day

# CCTV works beyond reasonable doubt

One of the rules of justice is that you must have evidence to prove that someone has done something wrong. We can't be everywhere 24-hours a day but at the same time we want to reduce crime and anti-social behaviour in the borough. Add the cuts to our already stretched council budgets and a transient population to the scenario and what you end up with is a big challenge.

But we have invested heavily in CCTV technology because it is the right thing to do. The latest part of this work is the borough's new control centre. It's state of the art and a crucial part of dealing with crime and anti-social behaviour.

**"The CCTV programme we've put in place is making a big impact towards making our community a safer place."**

I've seen first-hand how the centre is making full use of its deployable, wireless cameras and direct radio contacts with the police and law enforcement officers. The centre is also the receiver for 300

intruder and fire alarms...

Lots put some perspective on just how busy our officers are: the council's out of hours call centre deals with approximately 750 emergency calls per week. Calls cover issues such as homeless persons, emergency housing repairs and noise complaints. The call centre is the first point of contact for any other borough emergency.

Now there are some who say CCTV isn't effective but I disagree: the results speak for themselves. In a two-week period, our CCTV network enabled 13 arrests including three for assault, three for theft and two for robbery. A further 252 intelligence incidents were passed to the police or other agencies

for investigation.

In terms of the bigger picture, recent police figures recorded a 4.4 per cent drop in crime across Newham. Crucially, residents' perception of crime has also improved by two per cent.

Improving perceptions is just as important as tackling offenders because if you don't feel safe where you live, you won't go out and make the best of your community.

We are transforming the borough – the crime indicators show we are moving in the right direction. The CCTV programme we've put in place is making a big impact towards making our community a safer place.



## Mayor's view

# Integrate not alienate

One of Newham's greatest strengths is its diversity – a point I made in media interviews I did last week on our approach to community cohesion.

Some people question whether what we do to integrate people is the right thing to do. I say it is. We're not seeking to make everyone the same. We celebrate our diversity.

We also know that a strong and cohesive community is one where people mix across religious, ethnic and community groups. I believe that a council should invest in the convergence of life chances, not lifestyles. There is no one way to achieve this, but equality it does not happen by chance. That is why we promote integration and it seems to be working – why else would 87 per cent of residents say this is a place where people from different backgrounds get on well together?

Our approach is simple. It is about building common ground and developing the aims and interests we all share to strengthen our whole community's resilience. That is why we insist that all the activities we fund are open to everyone not just single identity groups.

We also encourage contact between people from different backgrounds through our annual free community events, including the Mayor's Newham Show and Carnival, Under the Stars and the Waterfront Festival. People are rightly proud of their heritage. We recognise and



support this, celebrating the many influences that have made Newham great, and raising the flags of a dozen different nations on their national days alongside the Union Flag.

Our approach also recognises the importance of speaking English. Evidence shows that language is vital in allowing individuals to achieve their full potential, and in supporting the networks that help whole communities improve together. That is why we continue to invest in English language classes so that people who want to learn have the opportunity to do so. It is also why we have removed foreign language newspapers from our libraries and reduced the translation service that's available.

Our approach is also about

promoting fairness and avoiding jealousy and suspicion. For example, our housing allocations policy is open and transparent, whilst also prioritising those in work and members of the armed services. We have a Newham residency requirement for housing and for our employment service Workplace, to ensure we support people who are putting down roots in our community. That's about your contribution, not where you come from.

I love Newham and I am proud to call it my home. We are diverse and different but all part of one community. We are building on everything that is great about Newham to make it a better place for everyone who lives, works and visits here.

# with Sir Robin Wales

# Thinking about switching?

Newham London

Are you paying too much for your gas and electricity?

Changing your energy provider can save you money.



REGISTER  
BEFORE  
16 OCTOBER  
2013

Newham Council together with 32 other London boroughs has signed up to the Big London Energy Switch, a collective switching scheme to help Londoners get a better deal on their gas and electricity bills.

Visit [www.biglondonenergyswitch.org.uk](http://www.biglondonenergyswitch.org.uk) to find out more and register.

If you experience problems registering, call the iChoose Helpdesk on 0800 0466 192.

If you do not have internet access you can call Newham Council's Switching Enquiry Line on 020 3373 4892.

The Big London  
**ENERGY**  
SWITCH

Regent Learning Centre | Word

11 Plus + GCSE + A Level

# TUITION

A\*-B : 62% | A\*-C : 100%

Our GCSE pass rate is 100% in summer 2013 exams with all our students achieving grades between A\* + C in the subjects tutored with us.



Revision starting now for GCSE Maths and English November 2013 Exams

## 020 3657 5888

Overseas Phone: 411 470 Eastern Avenue, Grays, H16, 1E 0RD. 020 3657 5888

[www.tuitionisford.co.uk](http://www.tuitionisford.co.uk)

Kumon's maths and English study programmes work to build your child's confidence and inspire a passion for learning.

Contact your local instructor for a Free Assessment

West Ham Study Centre 020 8866 6795

KUMON

New  
centre  
now  
open

[www.kumon.co.uk](http://www.kumon.co.uk)

## thenewhammag

To advertise here call Julie Madell on 07890 529 090 or email [julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)





# Community is game for 2012 props

Costumes worn by volunteers who performed alongside Rihanna, Coldplay and Annie Lennox during the Olympic and Paralympic Ceremonies have been saved from the scrapheap by Newham Council.

The array of costumes and props, which ordinarily would have made their way to the dump, have been given to the borough's schools and community groups so they can be used to create new items.

More than 40 schools and community groups were invited to a special event organised by the council and held at Stratford Circus, E15. In all, there were almost 4,000 items available, which included 165 costumes worn at the Games ceremonies.

Models and actors showcased the rescued items to gathered guests to demonstrate the creative ways they could be used, creating awe-inspiring designs from world-class leftovers.

Each group bid for their preferred items, taking away a bounty of booty that will ignite imaginations and help keep the spirit of the Games alive.

Some of the items on display included:

> **White wings worn in the Olympic Opening Ceremony** by riders on 'dove bikes' who performed a circuit of the stadium

- > **pirate corsets and bustles worn by dancers in the Annie Lennox section of the Olympic Closing Ceremony**, dancing to Little Bird and entering next to a large pirate ship which centred the singer
- > **oversized books used in the Paralympics opening ceremony in the quest for knowledge and the discovery of gravity**
- > **light up leaf jackets worn by actors riding on suspended carousel horses during the summer section of the Paralympic Closing Ceremony** whilst Rihanna sang her number one hit single We Found Love.

The remaining items will be placed in storage for future use at events. Mayor Sir Robin Wales said: "One of the major promises of London's bid for the 2012 Games was that together we would inspire a generation. I hope our outstanding schools and youth groups will find uses for the materials we are distributing for free so they can continue to keep that Olympic and Paralympic promise alive."



Scrapping old, creating new: artwork models showcased at Stratford Circus

# ARE YOU AGED 18 TO 30 AND WANT TO START YOUR OWN BUSINESS?

## 30 BUSINESSES BACKED A DAY

WITH AN AVERAGE LOAN OF £5000 AND A BUSINESS MENTOR TO SUPPORT YOU, YOU TOO CAN TURN YOUR BUSINESS DREAM INTO A REALITY.

APPLY NOW AT  
[WWW.STARTUPLOANS.CO.UK/LBN](http://WWW.STARTUPLOANS.CO.UK/LBN)



## YOUR FITNESS, YOUR WAY

*activeNewham leisure centres have everything you need to **KEEP FIT THIS AUTUMN!***

With our gym and sports facilities, swimming pools and wide range of fitness classes, we're sure you'll find something to suit you, all with the support of our friendly fitness team.

Get started by visiting one of our leisure centres, call **0844 414 2728\*** or visit us online at [www.activeNewham.org.uk](http://www.activeNewham.org.uk)

**BALHAM LEISURE CENTRE**  
14 Balham Street,  
Plaistow E13 8AG

**EAST HAM LEISURE CENTRE**  
224 Barkling Road,  
East Ham C6 2RT

**NEWHAM LEISURE CENTRE**  
261 Prince Regent Lane,  
Plaistow E13 8SD

\*No charge for first appointment to certain membership categories and is subject to availability. Local charges apply from a £10 leisure fee charge. Free advice centres may vary.



**active**  
newham

Join from  
**£19.95**  
per month  
with no  
joining fee!



# Happy Heritage Week

With more than 200 different languages and dialects spoken in Newham, we are, arguably, the most diverse place in the world. We want to celebrate the uniqueness of our vibrant community by bringing people together to get to know each other, understand our cultures and, most importantly, have a good time.

To mark Newham Heritage Week, from 18 to 26 October, we want people to host events that showcase our unique community. From a tantalising taste trip around the world to a fashion show of costumes from the far corners of the globe, whatever your idea we could make it happen with a Let's Get The Party Started grant of up to £500. If you have an idea for a heritage project, you could get Go For It (GFI) grant funding. To apply for either, you must be a Newham resident and your event must be open to all.

## Cricket across the generations

Joan Lewis from Age UK recently

organised an intergenerational cricket match at Flinders Field, E8. Cricket is one of those games that evokes passion and support around the world, it is at once a typically English tradition and a modern, truly international sport.

Joan explained that Age UK originally started the intergenerational cricket match back in 2008, and now thanks to Let's Get The Party Started it has been resurrected.

She said "It was very well received. I've had phone calls to say thank you for organising it and on the day everyone really enjoyed it. It was an opportunity for people from different backgrounds to learn from each other and enjoy cricket."

Joan said that she found the process of applying for a grant very easy. And if you are thinking about applying she says "Go for it. Come up with a brilliant idea. Think of something that will bring people together and go for it."

## Give it a try, apply

To find out more about holding your own event or activity visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants)



# London Borough of Newham Planning Applications



The following planning applications are advertised under notice 1510 of the Town and Country Planning (Development Management Procedure) (England) Order 2010 as amended and in accordance with article 16(2) of the Planning (Listed Buildings and Conservation Areas) Act 1967 and the Town and Country Planning (Environmental Impact Assessment) Regulations 2011. You can view each of the following applications on the Planning Portal website at [www.newham.gov.uk/development](http://www.newham.gov.uk/development) where you will also be able to view other documents relating to these applications as well as send us your views.

London City Airport has submitted two relevant planning applications to the London Borough of Newham on 26 July 2013 to deliver the City Airport Development Programme (CASP). These applications are referred to as CASP1 planning application 13/01205/PLU and CASP2 planning application 13/01235/OUT.

London City Airport  
Hartmann Road  
Shiverham  
London  
E16 2PR

**Planning Application CASP1** Works to demolish existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport without changes to the number of permitted flights or opening hours previously permitted pursuant to planning permission 01/0150/MAN. Detailed planning permission is being sought for:

- (a) Demolition of existing buildings and structures;
- (b) 4 new gates, 10 new aircraft parking stands and 7 new aircraft parking stands;
- (c) Extension and modification of the existing airfield

- including the creation of an extended taxi-lane,
- (d) Emergency vehicle access point over King George VI Dock,
- (e) Replacement taxi-lane for access to the existing vehicle circulation, pick up and drop off areas and hard and soft landscaping;
- (f) Eastern Extension to the existing Terminal Building including alterations works to the existing Terminal;
- (g) Construction of a three storey passenger pier to the east of the existing Terminal;
- (h) Extension of Newham Business;
- (i) Western Extension and alterations to the existing Terminal;
- (j) Eastern Energy Centre, storage, ancillary accommodation and landscaping;
- (k) Perimeter Works including temporary seating facility and extension to the outdoor baggage area;
- (l) Upgrading works to Hartmann Road;
- (m) Passenger and staff parking, car hire parking, taxi/transfer park and ancillary and related work;
- (n) Eastern Energy Centre;
- (o) Dock Source Heat Exchange System within King George VI Dock; and
- (p) Ancillary and related work.

This application is accompanied by an Environmental statement. This application does not accord with the provisions of the development plan.

OFFICER: David Buchanan  
Tel: 1316125/PLA

London City Airport  
Hartmann Road  
Shiverham  
London  
E16 2PR

**Planning Application CASP2** Extension of a Hotel with up to 360 bedrooms, ancillary facilities A1-AA Bars/cafes at ground floor, meeting/conference facilities together with associated amenity space, landscaping, plant and ancillary works  
This application is accompanied by an Environmental statement.

OFFICER: David Buchanan  
Tel: 1316123/OUT

Members of the public may inspect copies of the Environmental Statement and other application documents by prior appointment only at Newham Senate, 1000 Dockside Road, London E16 2DU. Contact our reception@newham.gov.uk or call 020 3373 1259. Members of the public may also visit copies of the Environmental Statement and other application documents at our public display point, by calling Office 020 3373 1259. The information provided in this application should be updated with any changes. Any person wishing to make representations during the consultation should do so online at [www.newham.gov.uk/development](http://www.newham.gov.uk/development) or bring written representations with the date of publication of the notice to the office identified above.



## Proposed changes to the Council Tax Reduction (CTR) Scheme

Newham Council wants to hear your views

- The council is proposing from 1 April 2014 to:
- allow students who live with non student adults to apply for CTR
  - increase the allowances in the scheme in line with the Department of Work and Pensions allowances.

Let us know what you think

- complete the online survey at [www.newham.gov.uk/CTR](http://www.newham.gov.uk/CTR)
- call 020 3373 1259 or 020 3373 1260 to request a paper copy
- pick up a paper copy at one of Newham's libraries

The consultation ends on Monday 28 October 2013.

Visit [www.newham.gov.uk/CTR](http://www.newham.gov.uk/CTR) for further information.

We are interested in the views of all residents, whether they claim Council Tax Reduction or not



# Give rugby a try

Most people in Newcastle will probably be able to tell you that goals from West Ham United's Geoff Hurst and Martin Peters won the 1966 football world cup for England. What they might not be able to say is that a drop goal from Jonny Wilkinson won the 2003 Rugby World Cup for England. That might be about to change.



Will Wilkinson and Jonny Wilkinson were the only players to score a drop goal in the 2003 Rugby World Cup. Photo by The Rugby Football Union.

With Newham hosting five matches in the 2016 Rugby World Cup at the Olympic Stadium in Stratford's Queen Elizabeth Olympic Park, rugby posts are starting to appear in places across the borough where the sport has not been played before.

It is part of a scheme by the Rugby Football Union called Posts in the Parks. To mark two years to go to the start of the tournament in 2016, the first single set of specially designed posts have been installed at Newham Leisure Centre, Prince Regent Lane, Plaistow.

Mayor Sir Robin Wake and Will Greenwood, a member of England's 2003 World Cup winning side and an ambassador for England Rugby 2016, kicked over the first balls with pupils from Plaistow's

Cumberland School.

Sir Robin said: "It is important that we make the most of the opportunities that hosting Rugby World Cup 2016 brings. Newham is traditionally football territory but we want to give people a choice. We want to inspire people, particularly our young people, to take up rugby and sport generally."

"The sight of single rugby posts springing up in parks and open spaces where none have been before will help us to get more people playing. Anyone will be able to try their hand at replicating the most historic moment in the history of English rugby when Jonny Wilkinson kicked the drop goal to win the World Cup in Australia in 2003."

For information visit [www.rugbyworldcup.com/firstrow](http://www.rugbyworldcup.com/firstrow)

Cumberland School pupils are looking forward to getting more involved in rugby.



**Tony Wilson, 12:** "I really like the contact in the game. It makes it so exciting."



**Josh Fairley, 12:** "I already play and want to be as good as England's Owen Farrell."



**Sam Rostamloo, 13:** "I like football but I will probably come and use these posts too."



**Tyler Isaacs, 12:** "It's football for me, but I do enjoy playing rugby."



Waterfront in pictures



More than 17,000 people enjoyed a day of dock-based fun as Newham Council's Waterfront Festival once again proved a splash hit with residents.

Activities on and around the water at Canning Town's Royal Victoria Dock combined with a spectacular fireworks finale and a headline performance from band Flash – A Tribute to Queen were among the highlights.

Amongst the water based activities were sailing, rowing, wakeboarding, paddleboarding, balbeats, aquabobs, jet pack demonstrations and rides on the pleasure boat the Silver Gullion, which ferried troops from Dunkirk and was part of the 2012 Diamond Jubilee Themes pageant.

Mayor of Newham Sir Robin Wales said: "Seeing so many people coming together to enjoy the fireworks and music shows why we will continue to invest in our free programme of events."

#### **What you said:**

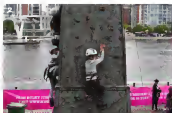
**Arjati Bhardwaj** – Awesome waterfront festival. The fireworks were better than new year in London.  
**Paul O'Pickard** – Newham knows how to do a fireworks display.

**Sasha Whitehouse** – what a really nice finale. Spectacular fireworks display and loads of fun stuff for the kids. Definitely a thumbs up from me.

**The Brick Box Ladies** – Can't wait for the tribute Queen at the Waterfront Festival. Bikini Beach Band were superb.  
**Wendy Stevenson** – Lovely evening. @NewhamLondon Waterfront Festival.

See video highlights from the festival on our YouTube channel at: [www.newham.gov.uk/festival](http://www.newham.gov.uk/festival)

- 1 Every Child a Muslim leads off the day 2 On the beach with the poop boards 3 The fireworks were a spectacular ending  
4 The crowd at the main stage 5 Sir Robin Wales and Cllr Aysha Chowdhury meet and greet visitors 6 The Jet Lay air display  
7 The audience gets one step beyond as the Bikini Beach Band pump up the volume



Waterfront in pictures





1 Via With Rock 'n' Roll - A tribute to Queen 2 The climbing wall was a high spot 3 Fun with flags - the Sea Cadets demonstrate semaphore 4 Birtwistle Village Primary School (C16) lead the Waterfront parade 5 Having a go in the Ringlets Centre's bell boats 6 Pirate entertainment, rated aaaa 7 The Silver Queen's stately tours of the docks 8 The Bunk Beach Band - like surf on fire

# Let's Get the Party Started

Holding a community event is the perfect way to bring people together and the council could support you with up to £250 funding – in exceptional cases it may be more – through our Let's Get the Party Started grants.

You can organise any type of celebration anywhere in the borough.

To find out more call **020 3373 6019**  
or visit: [www.newham.gov.uk/party](http://www.newham.gov.uk/party)



# Free cycle training Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability)

If you are interested in receiving free training please email [cycle.training@newham.gov.uk](mailto:cycle.training@newham.gov.uk) or call **020 3031 6730**



# STUB OUT SMOKING FOR GOOD

With half of all long term smokers dying prematurely, smoking is our nation's biggest killer. If you're serious about quitting smoking, sign up for Stoptober and we'll help you become healthier and smokefree.

Stoptober is England's mass 28 day stop smoking campaign, which takes place every October.

Around 22 per cent of adults in Newham are smokers. Last year 160 000 people across England completed the challenge. This year we want even more people to sign up to a smokefree life.

The annual quit month coincides with new research by Public Health England which shows the extra years of life that can be gained by giving up smoking and staying smokefree. If you quit smoking for Stoptober and don't smoke again, you could gain an extra seven days of life, every 28 days, for the rest of your life. What's more, if you stop smoking for 28 days you're five times more likely to stay smokefree.

Along with massive health benefits

quitting saves the average smoker more than £100 a month and almost £2,000 a year.

## Help at your fingertips

Stoptober provides smokers with a range of free support including a new stop smoking pack, a 28-day mobile phone app and text support with daily updates and quitting advice, detailed tools and tips for coping, as well as the encouragement and support from thousands of people quitting together through Stoptober social media.

Stoptober 2013 runs from Tuesday 1 to Monday 28 October. For more information visit [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking). Alternatively speak to your local pharmacist or call Newham's Stop Smoking Service on 020 3373 6650 or 0800 612 1673.

## Reasons to quit

As soon as you stop smoking you:

- > reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease
- > stop exposing people around you to secondhand smoke and its associated health risks
- > will no longer smell of stale tobacco and the appearance of your skin and teeth will improve
- > will see your breathing and general fitness improve.



# Nicely does it

**Star of the stage and small screen, Jimmy Akingbola, is known in the industry as Mr Nice. Five minutes in his company and it's easy to understand why.**

Jimmy's credits include high profile theatre, film, radio and TV, most notably his role as Dr Antonio Molek in BBC drama *Holby City* (an arrogant character who's a far cry from the down to earth actor from Plawlow).

Sitting on a wall on Saxon Close, E15, outside Jimmy's former home, within earshot of the echoes of excited schoolchildren in the playground, he reminisces about his days at Ravenscroft Primary School and his teenage years. "After Ravenscroft I went to Cumberland School. My grades were ok, but they weren't as good as they could have been. I was just a young lad having lots of fun."

It was at Cumberland School that

Jimmy's talent for acting was discovered. He said: "My brothers and sisters, including me, were taught by Mr Tyrms. He would always see the good in students, see that bit of light, that talent. He showed me that drama is something I'm good at; I just wasn't aware of it."

Jimmy quickly went from pounding the pavements with his mates to treading the boards. He said: "When I left Cumberland I didn't know what I wanted to do. When I looked at my grades I'd got an A in drama. I thought: I want to play football. I believe I can be the next Ian Wright, but why don't I do performing arts until then?"

Two years at Epping College secured

him a place at the Academy of Live Recorded Arts and his break into theatre, aided by Theatre Royal Stratford East (TRSE), where he worked as an usher.

As a child, Jimmy was fostered and lived with a white family. He explained: "People are often shocked when they find out. I don't hide it. I just don't shout about it. People that know me know that was the deal. For me, it was fine. Bang in east London, particularly the part, where it's close to Canning Town side, there wasn't loads of black people. I was known as Gloria's son, the black boy. If I was up to trouble there'd be a woman that'd see me and tell my mum. I'd think: why am I



always getting in trouble? My mum would say: 'Well, there are not many young black boys around here. If you're gonna do bad things you're going to be seen.'

'I was lucky. Some people I know have had a similar experience and it's not worked out. I've heard of quite a few people who have been foisted outside London and it's been harder. You've got less people to refer to. Sooton Close was a mixture of people. I think it's different if you don't have that reference point.'

The rich mix of people he lived alongside has provided ample inspiration for the characters he has played: 'I always observe people. You just have to walk down the

street and you tap in and think, oh, that's how people are operating, sounding or walking or looking.'

'People like crackhead Mick [The Row, BBC]. There's always that person, the guy with a can of strong lager, that comes up to you, mumbles and asks you for a pound. There was a guy like that in Canning Town. I'd give him a pound, go into the supermarket and when I'd come out he'd come up to me glazed over and ask me again.'

While Jimmy has had some lucky breaks he's aware of how difficult breaking into an oversubscribed industry can be. He said: 'Me and my friend Fraser Ayres seemed to know a lot of people between us so we set

up a company called Telford Promotions. We have Welcome, our networking parties. Then we've got Monologues Slam UK at TRSE, which is a free showcase for actors to be seen by established agents and casting directors, and our short film festival. It's all about bringing creative types together. Neesham's thing with talent and I think you need to provide something for the talent to plug into. All people need to do if they want to get involved is email us.'

To find out more about Telford Promotions visit [telfordpromotions.co.uk](http://telfordpromotions.co.uk). Visit [www.newham.gov.uk/mag](http://www.newham.gov.uk/mag) to read an extended version of Jimmy's interview.

## Light up your life at the Lea

A month of activities to promote the River Lea Festival held at Gody Dock E16 until Sunday 20 October

Lighting up the Lea is a mix of performances, workshops, exhibitions, screenings and installations. **Mention the Newham Mag and get two for one on all ticketed events.** Highlights include:

- 5 and 6 October, 11am-5pm **The Big Draw**, family friendly workshops, interactive animation and drawing. Adults £3, accompanied under 16s free, students £1 and cones £2
  - 11 October 7pm **Pink n Ruby and Grace's Aces** play live on board the River Princess. Adults £5 accompanied under 16s free, students and cones £2
  - 18 October 7pm **Bonfire Band** and guests, a night of live folk music. Doors open 7pm. Adults £5, students and cones £3
  - 19 October 7pm **Never Get Outta the Boat**, dance bands and psychedelic visuals. Doors open 7pm. Adults £5, students and cones £2
  - 20 October 12noon **Festival Finale** with music, bring your own BBQ, fire sculptures, film shorts and more. Adults £3, accompanied under 16s free, students and cones £2
- Gody Dock** and the **River Princess Café** will be open daily from 11am-5pm. Gody Dock at 110 South Crescent, E16. For more information visit [www.gasworksdock.org.uk](http://www.gasworksdock.org.uk)



## Deposit items at the Baby Bank

Give your unwanted baby items to people who need them by donating them to Oliver Thomas Children's Centre Baby Bank.

Thanks to the generosity of Newham's residents, the centre in East Ham is able to supply parents, carers, childminders and others in need with baby clothes and equipment.

The Bank needs most items including cots, Moses baskets, buggies and strollers, high chairs, baby baths, sterilisers, stair gates, breast pumps, baby clothes from birth to two years and toys and books. Items should be useable.

Drop your unwanted goods to Oliver Thomas Children's Centre, Mathews Avenue, E8, weekdays from 9.30am-4pm. For more information call 020 8021 0007



# Wheelchair dance

If you're a wheelchair user, manual or powered chair, join the newly launched London Wheelchair Dance Club.

Every alternate Friday head to Durning Hall Community Centre, Eastham Grove, E7 from 5.15-6.15pm and learn how to 'walk' - an adapted form of traditional dance that has received the London 2012 'Inspire' mark, with Folk In Motion.

No experience is needed and there is no upper body movement or physical contact involved. Carers, personal assistants and companions are welcome.

The next session takes place on Friday 4 October. All classes are free and have been supported by a Newham Council Go For It grant.

For more information email [info@folkinmotion.co.uk](mailto:info@folkinmotion.co.uk) call 07973 252751 or visit [www.folkinmotion.co.uk](http://www.folkinmotion.co.uk)

To find out about Go For It grants visit [www.newham.gov.uk/grants](http://www.newham.gov.uk/grants)



## An artistic Hub

New creative classes are starting at the Hub, 123 Star Lane, E16.

Every Tuesday drama classes for children aged eight to 11 take place from 4.30-6pm. Classes cost £3.50 or £3 a class if you book book five in advance.

Every Thursday from 4-6pm, children aged seven to 12 can enjoy a free drop-in art class. While adults of all ages and abilities can enjoy the same from 2-4pm.

To find out more email [leanne@newhamstp.co.uk](mailto:leanne@newhamstp.co.uk) or call 020 7473 5549.

## Carers' meeting

Newham Carers' United Forum is inviting all carers to their next meeting on Wednesday 18 October.

Taking place at St John's Church, Broadway, E15, from 10.30am-1pm, the meeting is a chance for you to meet other carers and find out about a range of issues that affect carers and those they care for.

A carer is someone who, without being paid, looks after a relative, child or friend who is frail, disabled, ill or a substance misuser. The meeting is for carers, not for people that are cared for. If you would like to be present but need to put things in place for you to be able to attend, the Forum may be able to help.

For more information call Jackie Hardy on 020 5515 7536 or e-mail [jackie.hardy@thenewslprogramme.org.uk](mailto:jackie.hardy@thenewslprogramme.org.uk)



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
OR EMAIL THEM TO  
newham\_mag@newham.gov.uk

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry. We  
cannot return any entries.

## GALLERY



Arshad Abdullatif Saif, 10



Radwan Hussneth, 6



Jada Pandey, 9



Tameem Uddin, 11



## Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



# Colour-me-in Crossword



### Across

1. Bird we associate with eggs and meat (7)
5. Work a machine (7)
6. Large expanse of water (3)
7. Hedwig was Harry Potter's \_\_\_\_\_ (3)
8. Reluctant woman (3)
10. Chance (3)
12. Wicked (4)
13. Physics and chemistry (3)
15. Keep going (7)

### Down

1. Puzzle with black and white squares (10)
2. The shamrock is its national flower (7)
3. Electric horn (3)
4. Poisoned metal used in sewing (3)
5. Hopeless (7)
7. Entertainment involving clown's wit, acrobatics (3)
14. Or poker stick (3)

## Jokes

Why do fish live in cold water?  
Because **pepper makes them shiver**.

Why did the man run round his bed?  
To **catch up on his sleep**.

Hussain Rahman, 11

# WHAT'S ON?

27 SEP  
- 11 OCT

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

## OUR THRILLING THREE...

1

**World Zombie Day** - dress up as a zombie and are two films for free at the SO! F! LONDON Festival at Stratford Picturehouse, E15, on Friday 12 October, 8pm. Visit <http://so-f-london.com> for full festival details.

2

**World Sight Day**, Thursday 10 October, 11:30am - 2:30pm, free. Find out about the support available for the visually impaired. Get advice and information from an optician. The Community Resource Centre, 200 Chingizlar Lane, E15.

3

**Starship London** - Find out about the future of space travel at a day of film and talks and workshops with top scientists, on Saturday 12 October at Gemini Crystal, E16. Free. Register at [so-f-london.com](http://so-f-london.com).

## MENTION THE MAG...

Kick around to the north by signing up to football with the Royal Falcons.

The Falcons offer fun, safe and supervised football coaching for girls to 15 years old. Sessions take place at Garage Community C.E., every Tuesday, Wednesday and Friday evening, 4.6-7.30pm and every Saturday from 10.00am-12noon.

Coaching costs £1 per week for full sessions. Mention the **Newham Mag** and get your first week free. Booking is essential. Call 07950 533 824 for more information.

The Falcons are also looking for referees, coaches or potential coaches. Training will be given to the right candidate. Call 07950 533 824 for details.



## TRY SOMETHING NEW... A DAY WITH US GIRLS

An award-winning, quality programme is offering women and girls aged over 13 to enjoy a free day of fitness and fun at Us Girls Rock.

On Sunday 6 October from 12noon-5pm head to the Royal Western Gateway, Boulevard 677, Canineo, Custom House, E16, for activities, exercises, pre-booking sessions and the chance to meet Nicole Adams, the first woman's GB Olympic boxing gold medalist. Take part in natural, healthy, cardiovascular, fitness, box fit and more, or relax with a beauty treatment. A pre-book online is available on the day. For details email [london@streetgames.org](mailto:london@streetgames.org).

The Us Girls programme has been getting women active for the past two years and offers regular fitness only exercise sessions (see page 26).

To find out more visit [www.ashwinnewham.org.uk/enterprise/whats-on](http://www.ashwinnewham.org.uk/enterprise/whats-on) or register online at [www.streetgames.org/bookings/festivals](http://www.streetgames.org/bookings/festivals).



indicates free sessions

### ARTS AND ENTERTAINMENT

#### Comedy Night

Entertainment every Mon, 8pm  
Theatre Royal, Gerry Raffles  
Square, E15. Visit  
[www.craftfront.com/comedy-night](http://www.craftfront.com/comedy-night)

### COMMUNITY LEARNING

#### Go it Online

Basic computer sessions at local libraries. You must book in advance.

Tues: 2-4pm, Plaistow  
Wed: 2-4pm, Stratford  
Thurs: 10am-12noon  
Canning Town, The Gate  
and Manor Park  
Fri: 2-4pm, East Ham

#### Knit & Natter

Craft group for adults, at local libraries.  
Fri: 10am-12noon, Canning Town  
Wed: 10am-12noon, Beckton

#### Basic Numeracy (19 years)

Mon-Thurs, 10am-5pm and  
Fri, 10am-1pm, Jack Cornwell  
Community Centre, Jack  
Cornwell Street, E12. Call  
07943 887 612 or  
07507 173 272

### UNDER-FIVES LIBRARY ACTIVITIES

#### Imaginative Play

Fri, 11am-12noon, East Ham

#### Interactive Storytelling

Fri 10.11-11.30am, East Ham

#### Creepy Tales Club

Mon, 11am-12noon, Beckton  
Globe North Woodch  
Tues, 11am-12noon  
Custom House, Stratford  
The Gate

Thurs, 10.30-11.30am, Canning Town  
Thurs, 2-3pm, North Woodside  
Fri, 10.30-11.30am, East Ham,  
11am-12noon, Stratford,  
Green Street and Manor Park

**Toy Library**   
Tues, 10am-12noon,  
East Ham

**Storytelling**   
Mon 11am-12noon, Beckton  
Globe, Canning Town, Stratford  
Tues 11am-12noon, Custom  
House, Forest Gate  
Thurs 2-3pm, North Woodside,  
Plaistow  
Fri 11am-12noon, Green  
Street, Manor Park, Stratford

**Homework Club**   
Mon, 4-6pm, Stratford, East  
Ham, North Woodside  
Wed 3.30-5.30pm, Green  
Street, Manor Park  
Thurs, 4-6pm, Custom House  
Forest Gate, Plaistow  
Fri, 3.30-5.30pm, Beckton,  
Canning Town

#### ADULT LIBRARY ACTIVITIES



**Over-50s Club**   
Thurs, 10am-12noon,  
Beckton Globe

#### GENERAL LIBRARY ACTIVITIES



**Chess Club**   
Learn and play chess  
Thurs, 5.30-7.30pm, Stratford



#### EXTRA ACTIVITIES



##### Hub Art Classes

8 Flyes, Tues 4.30-6pm  
7-12 yrs, Thurs 4-6pm  
Adults, Thurs 2-4pm  
The Hub, 123 Star Lane, E16  
Call 020 7473 5249

##### LGBT Community Group

For 50+ yrs. Snacks and  
refreshments provided  
Every third Tues of each month  
4-6pm, Community Resource  
Centre, 200 Chargeable Lane  
E13, Call 020 7238 0447

##### Royal Docks Learning & Activity Centre

**Mon**, Employment Support  
sessions, by appointment only  
**Tues**, Bingo, 10am-12noon  
Healthy Cooking Group,  
10am-12noon  
Parent and Toddler group,  
10am-12noon  
Over 50s computer classes  
11am-1pm

**Weds**, Mother and Toddler  
group, free, 8.30-7.15am  
Coffee Morning, free 9.30-11am  
Learn to Swim - Employment  
Support Drop-in, free,  
10am-2pm

**Sewing Classes**, 10am-12noon

**Thurs**, Tai Chi, £2,  
10.30am-11.30am  
Royal Docks Learning &  
Activity Centre, Albert Road,  
E16, Call 020 7476 8022

##### Table Top Sale

Set your goods and keep your  
profits. It's a table - open to all  
Last Sat of every month, 9am-  
2pm, Jack Cornwell Community  
Centre, Jack Cornwell Street  
E12, Call 020 8553 3459

##### Turn up and trade

Free pitches available for  
traders. Every Sat, 9am-  
4pm, Plashborne Market,  
Barking Road, E16. Email  
saluday@yahoo.co.uk or  
peline.donachie@newham.gov.uk  
or call 07790 845 965

##### Drama Classes (8-11 yrs)

£3 if you book five classes  
Every Tuesday

4.30-6pm, The Hub, 123 Star  
Lane, call 020 7474 6376

##### The Courtaid Gallery

Until 12 Oct  
Saturdays, 11am-1pm  
The Hub, 123 Star Lane, E16  
Call 020 7473 5216

#### BOXING AND SELF DEFENCE



##### Boxing

Weds, 7pm  
West Ham AFC - community  
boxing, 11-12yrs  
Olympic style amateur  
boxing sessions, Hatheway  
Community Centre  
Hatheway Crescent, E12  
Mon, Wed, Fri 5-6pm  
West Ham Boys AFC 8yrs,  
boys and girls  
The Black Lion, 59-61 High  
Street, E13, Call 020 8472 3614  
Mon, Wed 5-6pm  
Pasecek AFC 6+yrs,  
boys and girls  
Custom Street North, E16  
Call 020 7511 3799  
Mon, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only  
Old Bath House, 141 Church  
Street, E15, Call 020 8618 5963

**Fight For Peace** 11+  
boys and girls  
Woodman Street, North  
Woodham, E16  
Call 020 7474 0054

**Mon**, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only

**Old Bath House**, 141 Church  
Street, E15, Call 020 8618 5963

**Fight For Peace** 11+  
boys and girls

**Woodman Street**, North  
Woodham, E16  
Call 020 7474 0054

**Mon**, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only

**Old Bath House**, 141 Church  
Street, E15, Call 020 8618 5963

**Fight For Peace** 11+  
boys and girls

**Woodman Street**, North  
Woodham, E16  
Call 020 7474 0054

**Mon**, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only

**Old Bath House**, 141 Church  
Street, E15, Call 020 8618 5963

**Fight For Peace** 11+  
boys and girls

**Woodman Street**, North  
Woodham, E16  
Call 020 7474 0054

**Mon**, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only

**Old Bath House**, 141 Church  
Street, E15, Call 020 8618 5963

**Fight For Peace** 11+  
boys and girls

**Woodman Street**, North  
Woodham, E16  
Call 020 7474 0054

**Mon**, Wed, Fri 6-7.45pm  
Newham Boys AFC  
6+yrs, boys only

**Old Bath House**, 141 Church  
Street, E15, Call 020 8618 5963



protective@newham.gov.uk

##### Shoujo Karate

Fri, 6-7pm and 7-8pm  
Sat, 10-11am. Sessions for  
beginners. Under 15s, £4,  
16+yrs £8, concs £5  
Wed (during term time only)  
4.30-5.30pm  
Newham Shoujo Karate Club  
Newham Leisure Centre,  
Prince Regent Lane, E13  
Call 07508 076 838

##### Deeklands Karate Club

Mon, 5.30-8.30pm, Under 15s  
£4, 16+ £6, concs £5  
first session free  
UFL Sports Dock, Deeklands  
Campus, E16  
Call 07785 655 859

##### Tang Soo Do

Sat, 1.30-3pm and Tues 7.30-  
8.30pm (new at least 15 minutes  
before start) The Hub, 123 Star  
Lane, E16. Korean martial arts for  
5+yrs to adult. £5 per session -  
family discount available  
Call 07725 843 426 or email  
oce\_yasiko@hotmail.com

##### Map, Skip and

##### Punch (18+yrs)

Tues, 5-8pm, Kaltharna Road  
Community Centre,  
254 Kaltharna Road, E7  
Call 020 8546 9423

##### Gurumu Taekwondo

Mon and Wed, children  
5-7.30pm, juniors and adults  
7.30-8.30pm, Managa Primary  
School, Hekley Road, E12  
Call 07931 708 140

##### JFI Karate

For children and teens (5-15yrs)



Mon, 5-6:30pm, West,  
5-6:30pm The Hartley Centre  
267 Barking Road, E8  
Call 07816 000 643

#### Kickboxing

Mon, Wed and Fri,  
6:30-8:30pm  
Tad TAO Boxing Gym,  
Stephenson Street, E16  
Call 07944 673 927 or email  
eastlondonkickboxing@gmail.com

#### HEALTH AND FITNESS



#### Bootcamps

Glorious Bootcamp  
parent and child (7-12yrs)  
session: Tues 5-7pm,  
child is free

#### Indoor/outdoor

Belarus Village Hall  
65 Evelyn Road, E16  
90 Day Boot Camp Challenge  
Outdoor

Mon and Thurs, 7-10am,  
Tues and Thurs, 7pm  
East Ham Central Park, High  
Street South, E6  
There is only Boot Camp  
(13yrs)

Wed, 5:30-8:30pm  
Thomas Barker Park,  
Barnes Point, E16 Email  
info@stasophyque.co.uk  
or call 07904 626 402

#### Family Fit Club

Sat, 11am-12noon, West Ham  
United Community Training  
Facility, 60a Abbebrook Close  
E5, Call 020 7473 7724

#### Bootcamp (men only)

Thursdays, 7:30-9pm, E5  
Langdon School Sports  
Centre, Sussex Road, E10

Call 07816 000 643

#### Zumba classes

Thurs 7:30-8:30pm London  
Tari Sengam 369 High Street  
North, E12, £5 per class Call  
07720 806 505

#### Yoga Classes

Tues, 8:10-7:10pm and  
Fri, 10:30-11:30am,  
£5.50 (£3.50 concs)  
The Hub, 123 Silver Lane, E16  
Wed, 6:45-7:45pm  
The Unitarian Church,  
West Ham Lane, E15  
Call 07866 808 007 or visit  
www.yogacore.co.uk

#### Gute Y Yoga

He/she yoga drop in classes  
Tues 7pm-8pm  
Forest Gate Methodist Church  
Woodgrange Road, E7  
Wed, 7pm, E7,  
Timber Lodge, Queen Elizabeth  
Olympic Park, E20  
Thurs, 5pm, E5

Play Saw and Grove, 6 Gey  
Road, E15 Call 07550 944 085  
or email gute.yoga@gmail.com

#### Twisted Pink Street Dance

Fri, 6-7pm, 7-7:15pm, E3  
Fri 7-10:15pm Zumba classes  
£5 including childcare, St Luke's  
Church, 88 Ainslie Road, E16  
Call 07534 513 307, visit  
www.twistedpink.org.uk or email  
twistedpink20@gmail.com

#### Zumba

Mon and Thurs 6:30-7:30pm  
E5, Pleslow Community  
Centre, 62 Queens Road West  
E13, Call 07816 327 541

#### Zumba fitness with Jess

Wed, 7-10pm, E15  
Worsing Lane Community  
Centre, Gower Close, E15

#### TENNIS

Sat, Under 16s 12noon-1:30pm,  
Adults 10-12:30pm, E6  
Tennis courts, Canning Treen  
Recreation Ground, Prince  
Regent Lane, E16  
Call 07904 684 709  
evlanni@ccsbty@gmail.com  
Thurs, 6-10pm 5-6pm Adults

Mon 5-7pm, free  
Tennis courts, Central Park,  
High Street South, E5  
Call 020 3373 9000

#### 50+ ACTIVITIES



#### Newham Striders

Free sociable walking group  
seven days a week  
Call 0644 414 2726

#### Qi Gong

Thurs 8pm, for adults, £5 per  
session, Docklands Community  
Boat, near DrCel, Meet at the  
gates to Millennium Mill,  
Mill Road, E16  
Call 07330 610 275 or email  
boathighaven@theheaven.com

#### Beginners' Ballroom

Mon 10am-12noon, St Paul's  
Church Centre, Burgess Road  
E6, £2.50 per session Call  
07761 209 453

#### Gemini Square Dance Club

Mon, 8-10:30pm, Chandos  
Community Centre, Colograve  
Road, E16, £4 per session  
including tea and biscuits  
Call 020 8529 1802 or email  
mrs228@hotmail.com

#### Nordic Walking

Fri 6:30-8pm, Free  
Starting point Balam Leisure  
Centre, Balam St, E13  
Sun, 10-11:30am, free  
Starting point East Ham Leisure  
Centre, Barking Rd, E5

#### GREEN



#### Garden Club

Tuesday 1-3pm, Thurs 4-7pm  
Sat 10am-4pm, Abney  
Gardens, Bakers Row, E15

#### Gardening Thymes

Gardening Club  
Fri 11am-1pm, free  
Blooding Green, Central Park,  
High Street South, E5

#### Dirty Hands Project

Grow your own fruit and veg  
Open to all, first Sat of each  
month, 10am-2pm, Veleka  
Grove, opposite Pleslow

Station) E13, Visit  
www.dirtyhandsproject.org.uk or  
call 07861 874 210

#### DOORSTEP CLUBS



#### Gym & Basketball Doorstep

Sports Club (14yrs)  
Tues, 6-10pm, £1.50, Rensley  
School, Canning Town, E16

#### Athletic & Multi Sport

Doorstep Sports Club (14yrs)  
Tues, 5:30-6:30pm, free  
Newham Leisure Centre

#### Kicks into Athletics (5+yrs)

Football and athletics association  
Sat, 5-6 years 9am, 8-12 years  
10am, 12-18 years 11am, E1

#### Stunt & Tumble (14+yrs)

Thurs 7:30-9pm, E5  
Talent Cheer & Dance,  
Gallions Reach

#### FEMALE SPORTS



#### Dance2Dance

Street dance classes for girls  
12-15yrs, Fri, 3:30-5:30pm  
Newham Leisure Centre, Prince  
Regent Lane, E13  
Call 0644 414 2726

#### Girls Spinning Sessions

Tues and Thurs 5-5:30pm  
11-15yrs, Newham Leisure  
Centre, Prince Regent Lane  
E13, Call 0644 414 2726

#### Female Only Gym Sessions

Tues and Thurs 3:30-5pm  
11-15yrs, Mon, 3-4pm,  
16-25yrs, Newham Leisure  
Centre, Prince Regent Lane, E13  
Call 0644 414 2726



### Female Boxfit Classes

(14+ yrs)

Mon, 4.15-5.15pm Balam Leisure Centre, Balam Street E13 Call 07970 783 526

### Girls Football

Tues, 3.30-5.30pm, 11-18yrs, Newham Leisure Centre, Prince Regent Lane, E13

### Shelia's Yummy

#### Mummy buggy (16+ yrs)

£5 per session  
Mon, 10-11.30am  
Central Park, High St South, £5 (meet outside cafe in the park)  
Fri, 10-11.30am, Posh Park, Posh Grove, £5  
Call 07928 614 858 or email splosh@bt.com

### Jarica's Fitness (16+ yrs)

Tues, 9.30-10.30am  
Thurs 9.30-10.30am  
Salsa and Zumba classes  
sessions £5 per session  
St George and St Elmer's Church Hall, Bedford Road, £5  
Email info@jarica.co.uk or call 07818 000 643

### Zumba, Salsa and

#### Salsa Fusion

Mon, 8.45-7.45pm, £5  
The Harley Centre  
267 Barking Road, E8  
Call 07818 000 643

### Aerobics

Thurs, 7-8pm, £5  
Langdon School Sports Centre, Sassen Road, E8

### Sonia's Circuits (16+ yrs)

Tues and Fri, 10-11am, £4,  
Paddy Christian Centre  
84 Upton Lane, E7  
Call 07763 230 705

### Body Blast (16+ yrs)

Tues, 6.30-7.15pm, £5,  
Wed, 12.30-1.15pm, £5  
Thurs, 12.30-1.15pm, £5,  
Fri (frankies) 6.30pm-7pm,  
£2.50 Fitness membership  
£30 (includes you to come to all classes for whole month) Talent Central Unit 27/6, 3 Armada Way, Gallions Reach Shopping Park, E8 Call 07888 812 810

### Abs Blast

Thurs, 5.30-6pm, 11-15yrs,  
£3-10, Newham Leisure Centre,  
Prince Regent Lane, E13

### Women United APC (11+ yrs)

Mon (team line only), 6-7.15pm  
Kingsford School, E5, £7 per  
session, Call 07768 932 979

### Just Play (16+ yrs)

Wed, 6.30-8pm, multi-sport  
session (form time only)  
Newham Sixth Form College,  
Prince Regent Lane, E13  
Call 0844 414 2728

### Just Play (14-18yrs)

Wed, 6.30-8pm, multi-sports  
(form time only)  
Newham Sixth Form College,  
Prince Regent Lane, E13  
Call 0844 414 2728

### Get Back Into Netball

Tues, 6-7.30pm, Juniors, 7.30-9pm, seniors, £2 per session  
Lester Community School/  
St Mary's Road, E13  
Call 07717 281 529

### Women's Badminton

Fri, 1-2.30pm, £2, Coaching  
required and shuttle provided  
by the Women's Badminton  
Academy, Call 07930 189505

### Keep Fit - Stay Fit

Sat, 10-11am, £2 (until end of  
Sept then £3.50)  
Jack Cornwell Community  
Centre, Jack Cornwell Street  
E12, Call 07726 054 116

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Family Swims for Disabled

Children and Adults  
Sat, 4.30-5.30pm, Newham  
Citizens Swimming Club, Newham  
Leisure Centre, E13, For more  
details call 07927 758 720  
Sun, 12.30-3pm, Family Swim,  
Babem Leisure Centre, E13,  
£5, Call 020 7476 3274

### Swim for Families dealing with Autism

Wed, 4-5pm, Babem Leisure  
Centre, E13, Call 020 7476 3274

### Get fit for free

Tues, 1.30-3.30pm and Fri,  
10am-12noon, Free gym  
use for people with learning  
disabilities, Newham Leisure  
Centre, To book an induction  
call 020 7511 4477

### BT Football Club

Third Sun of every month,  
10am-12noon, East Ham  
Leisure Centre, E8

### Disabled Athletics

Tues, 4-5 & 6-7pm, 11-18yrs,  
Brompton Manor, Roman  
Road, E8  
Thurs, 4.30-5.30pm,  
St Angela's Ursuline School,  
1 St George's Road, E7  
Email crumme@englandathletics.org

### Ability Club

Multi-sports for disabled young  
people (11-25yrs)  
Wed, 4-5pm, Newham Sixth  
Form College, Prince Regent  
Lane, E13

### Trampoline Sessions

Fri, 5-7pm and Sat, 12noon-3pm, U15yrs, Newham Leisure  
Centre, E13, Call 020 7511 4477

### Mixed Swimming Sessions

for Adults and Children  
Wed, 10am-12noon, East Ham  
Leisure Centre, E8, £1-15 per  
session, Call 020 8546 5890

### Wheelchair Basketball

Wed, 4-5pm, 11-19,  
Rokby School, Barking Road  
E16, Call 07947 401 816

### Sensory Play

For children under 5 with  
special needs, speech and  
language delay or physical  
disabilities, Term time only, Fri,  
10-11.30am, Oliver Thomas  
Children's Centre, Matthews  
Avenue, E8, Email kathy  
holdsworth@oliverthomas  
newham.sch.uk or call 020  
8621 0897

### RUNNING

### East End Road Runners

Tues and Thurs, 7pm



Mamma's Education

Sun, 8am, meet on the track,  
coached sessions for  
all abilities

Newham Leisure Centre,  
Prince Regent Lane, E13  
Call 07970 261 647

### Run England sessions

All sessions are £2 unless  
indicated otherwise  
Sun, 10am-12noon, Newham  
Leisure Centre, E13 (meet on  
the track)  
Mon, 4-5.30pm, Newham Leisure  
Centre, E13 (meet on the track)  
5-6-8-10pm, Newham  
Dockside, £15 (meet at reception)  
Tues, 6-7pm, Newham Leisure  
Centre, E13 (meet on the track)  
Wed, 12noon-1pm, Newham  
Dockside, £15 (meet at reception)  
Thurs, 5-6-8-10pm, UEL,  
Docklands Campus, E16  
(meet at reception)  
Sat, 10-11.30am, East Ham  
Central Park, E8 (meet at the cafe)  
10-11.30am, Waltham Forest,  
E12 (meet at Harrow Road  
Changing Pavilion)  
10-11.30am, Malmoral Park,  
E15, £4 (meet at car park)  
Call 07718 294 874

### Beckton Park Run

Sat, 8am, free  
Beckton Park South, E16  
Call 07718 294 758  
www.parkrun.org/beckton

### SPORTS

### London Youth Games

Mon, 4.30-6pm, U14yrs  
Newham Leisure Centre, Prince  
Regent Lane, E13

### BMX

Sun, 10am-12noon, 6-16yrs,  
£3-£20 members/£10 annual  
membership,  
Goodley Playing Fields,  
St Albans Avenue, E8  
Call 07961 333 815 or email  
ps.l@nrg.bellidnewham.org.uk



Football

## Rounders (10-14 yrs)

Weds 5.30-6pm  
Newham Leisure Centre E13  
Call 020 3373 8000 or email  
pa@newham.gov.uk

## Cricket (8-18 yrs)

Weds 5-7pm  
West Ham Park, E7, email  
pa@newham.gov.uk

## Swimming

Newham Young Brits ASC  
Sat, 8.15-9.30pm. Learn to swim  
and improve your strokes  
Children's session, £2  
5-18yrs. Newham Leisure  
Centre, Prince Regent Lane  
E13 Call 07958 304 518

## Woodside

**Badminton Club**  
Fri, 8-9.30pm, intermediate  
and club standard players  
welcome. £5 waged/£3  
unwaged. Carpenters  
Docklands Centre, 95 Gobins  
Road, E15. Call 07958 781  
676 / 07958 130 240

## Newham Swords

(aged 4-7yrs)  
Tues 6.20-8pm  
Thurs 6.20-8.20pm  
Fri, 7.40-10.20pm  
UEL Sports Dock, Docklands  
Campus, E15  
Call 07958 618 888

## Table Tennis

Thurs, 6.30-9pm. For beginner  
and intermediate adults  
Stratford School, Upton Lane,  
E15 (Doris Road entrance)  
For more info call  
07978 577 716 or email  
prvyn@n10826@newham.gov.uk

## Badminton

Thurs 7-9pm (non-term only)  
For all standards. £5 for a  
court and bring a racket  
Little Ford School, Blenheim  
Road, E12 Email  
morgan\_ph@newham.gov.uk

or call 07944 117 263

## FOOTBALL



## Mayor's Football League

U10yrs, U12yrs, Mon 4.30-  
6pm and U18yrs, U16s, 6-7pm  
Newham Leisure Centre  
Prince Regent Lane, E13

## WNU Kickz

Mon, U14yrs, 4-5.30pm  
15-yrs, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E8  
11-15yrs 5-6pm  
Forest Gate Youth Centre, E7  
Tues: U14yrs, 4-5.30pm  
15yrs+, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E8  
11-15yrs 6-8pm  
Priory Park MUGA, E8  
Weds: 11-15yrs, 5-6pm  
Priory Park MUGA, E8  
Thurs: 11-15yrs, 4-7pm  
Priory Park MUGA, E8  
Fri: U14yrs, 4-5.30pm  
Girls: 11-15yrs, 5.30-7pm  
West Ham United Community  
Astro Turf (Beckton), E8  
11-15yrs, 5-8pm  
Forest Gate Youth Centre, E7

## Football & Multi Sports

Mon 5.30-7pm: 6-10yrs  
Weds, 5-7pm, 6-10yrs,  
Stratford Park MUGA,  
West Ham Lane, E7S

## 5-a-side Football

### Competition

Weds 5-6.30pm & 7yrs: Ford's  
Park, Ford's Park Road, E18  
Thurs, 5.30-7pm, 6-10yrs, Royal  
Walton Gardens, Pier Road, E6  
First Sat of the month: 10am-  
1pm, U12s/U14s/U16yrs  
Purser Park, Purser Grove, E5

## Football & Multi-Sports

Sat, 2-3.30pm, 6-10yrs, Winsor  
Park Estate, Winsor School  
MUGA, East Ham Minor Way, E5

## Air Football (16-19yrs)

Tues 7-9pm and Fri 4pm-  
12noon, Memorial Park,  
Memorial Avenue, E15  
Fri 3-5pm Beckton  
Powerleague, E5  
Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

## Ascension Football Academy

All sessions £3  
School years Reception to 11yrs  
Sat, 10-11.30am  
King George V Park  
King George Avenue, E16  
Call 07908 554 925

## Men's Health Football Fitness Sessions

Sat, 10-11am West Ham United  
Community Training Facility,  
55a Abchurch Lane, E5  
Call 020 7473 7724

## COMMITTEE MEETINGS

All meetings take place at  
Newham Town Hall, Barkling  
Road, E5, unless specified

30 Sept, 6pm, 8pm, Council  
Council Chamber

1 Oct, 7pm, Health and Social  
Care Scrutiny Commission,  
Committee Room 1

7pm, Regeneration and  
Employment Scrutiny  
Commission Committee Room 2

3 Oct, 10am, Mayoral  
Proceedings, Council  
Chamber Old Town Hall,  
Stratford, E15

6 Oct, 7pm, Crime and  
Disorder Scrutiny Commission  
Committee Room 2

7pm, Children and Young  
People Scrutiny Commission,  
Committee Room 1

9 Oct, 6.30pm, Investment  
and Accounts Committee  
Committee Room 2

10 Oct, 6.30pm, Health and  
Wellbeing Strategic Reference  
Group, Room EG 05/06, Ground  
Floor Newham Dockside, 1000  
Dockside Road, E18

7pm, SACRE Newham Town  
Hall, East Ham E5 (from 7PM)

Visit [www.newham.gov.uk/committee](http://www.newham.gov.uk/committee)  
for updates

## CONTACT THE MAYOR

## Mask-in surgeries

Sat 28 Sept  
10am The Gals, 4 20  
Woodgrange Road, E7  
Thurs 3 Oct  
11am Stratford LSC, 112  
118 The Grove, Stratford, E15

## Tues 4 Oct

Sam The Place 2 Silverton  
Way, London, E18

## Telephone surgery

Wed 3 Oct Call 020 3373 8444  
between 8.30am and 10.30am  
and register your query and  
contact details. The Mayor will  
then ring you back at a later time.

## LIBRARY CONTACTS

### Beckton Globe

1 Kingsford Way, E6

### Canning Town

Barking Road, E16

### Custom House

Prince Regent Lane, E16

### East Ham

High Street South, E8

### Green Street

337-341 Green Street

### The Gate 6-8 Woodgrange

Road, Forest Gate, E7

### Minor Park

605-601 Hamford Road, E12

### North Woolwich

5 Pier Parade, E16

### Plaistead North Street

E7S Stratford 3 The Grove, E15

### Archives and Local Studies

(letter postcard and email service  
only) call 020 3373 6881  
email [archives@newham.gov.uk](mailto:archives@newham.gov.uk)

### Community Outreach

Services To find out more call  
020 3373 0813

For more information, visit [www.newham.gov.uk](http://www.newham.gov.uk)

All bookings may be subject  
to change, please contact  
individual events and  
activities before attending.

Hundreds of services  
- one website Visit  
[www.newham.gov.uk](http://www.newham.gov.uk)

Call Newham Council on  
020 8430 2009

Follow us on Twitter  
@NewhamLondon

Find us on Facebook  
[www.facebook.com/NewhamCouncil](http://www.facebook.com/NewhamCouncil)

Apply for services and make  
payments quickly and easily  
online. To register or log in  
visit [www.newham.gov.uk/mynewham](http://www.newham.gov.uk/mynewham)

020 3373 6881 (09.00-17.00 Mon-Fri)

THEATRE ROYAL STRATFORD EAST  
presents

# CROWNING GLORY

TO WEAVE OR  
NOT TO WEAVE?

A new play written by  
SOMALIA SEATON

020 8534 0310

17 OCT - 9 NOV 2013

**STRATFORD  
EAST**.com

THEATRE ROYAL  
STRATFORD EAST  
BERRY RAFFLES SQ, E15 1EM

...a people's theatre

Supported by Stratford District Council  
Part of the Stratford District Council's People's Theatre

Part of the Stratford District Council's People's Theatre

Suitable for age 15+

f /breakroyalstratford  
@stratfordeast  
#CrowningGlory

**NEWHAM  
DISCOUNT  
NIGHT**  
17 OCTOBER  
**£2.50 TICKETS!**

Includes a complimentary glass of wine or beer with your ticket.  
Bookings available from 10am on the day of the performance.  
Only one ticket per person.

Supported by  
Newham Council  
Part of the Newham Council's People's Theatre  
www.newhamcouncil.gov.uk



# Guy Fawkes Night

## FREE fireworks display

**Sunday 3 November**

**Wanstead Flats, Centre Road, Forest Gate E7**

**Gates open: 5.30pm    Display: 6.30pm**

Event entrances on Centre Road and Dames Road (no access from Lake House Road).

No public parking, limited blue badge parking available. Please use public transport.


You may be searched as a condition of entry. This event takes place on grass.

**Dogs, sparklers, personal fireworks, glass bottles and alcohol are NOT allowed on site.**

All programming is subject to change. Please check the website for updates.

[www.newham.com](http://www.newham.com)

 [@NewhamLondon](https://twitter.com/NewhamLondon)

 [www.facebook.com/NewhamEvents](https://www.facebook.com/NewhamEvents)

In partnership with  
the City of London



Mayor of  
Newham